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NEWS
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PORTUGAL SURVIVES, U.S. NOT THROUGH YET

ALGERIA OUTFOXES SOUTH KOREA
4-2, BELGIUM BEATS RUSSIA 1-0 WITH
COUNTERATTACK LATE IN THE GAME AND
PORTUGAL DRAWS U.S. 2-2 WITH HEADER IN
THE FINAL SECONDS

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Glow Fair? More like Glow Unfair

Thieves nab props from
Bank St.'s first ever
glow-in-the-dark festival

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Helicopter cons netted in Que.

Men who flew coop with
chopper near Quebec City
back in the pen, cops say

PAGE 8



Shooting victim won't talk: Cops

**Another shooting,
another tight-lipped
victim.** Days after man
shot in the head in
Herongate, man shot
in both legs in ByWard
Market

DENIS
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ottawa@metronews.ca

All that Tobyn Davies remembers is running for his life after finding himself at the scene of a gangland-style shooting early Sunday morning in which a 24-year-old man was shot in each thigh.

The Ottawa resident was out for a late-night stroll in the ByWard Market when he suddenly found himself caught in the middle of a shooting.

"I was talking to two girls

in the parking lot at 160 George St. and was aware that there were a couple of groups of guys talking at each other when I heard two muffled gunshots coming from a car," Davies recalls. "Then I hear one very loud

shot and ran as fast as I could with my head down across the street to the Booth Centre."

A 24-year-old man had been shot twice — once in each leg. Police say he's refusing to give a statement.

Police say they received several calls around 2:32 a.m. reporting shots fired in the area of 171 George St.

"Patrol officers responded to the scene and located a male victim who suffered two gunshot wounds to his upper thigh region; one in each leg. The victim was transferred to the Ottawa Hospital, Civic Campus. The victim refused to provide a statement and is not co-operating with the police investigation," police said in a news release.

Paramedics said the man was transported to hospital in "serious condition." Police said the man's injuries are non-life-threatening.

The Ottawa Police Service's guns and gangs unit is investigating.

Police ask anyone with information pertaining to the incident to call the guns and gangs section at 613-236-1222 Ext. 5050.



A police investigator walks along a stretch of George Street dotted with forensic identification markers early Sunday morning. A shooting outside 171 George St. left a 24-year-old man wounded in both legs. MIKE CARROCETTO/FOR METRO

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Kingston

Via train strikes, kills pedestrian

An eastbound Via Rail train heading to Ottawa from Toronto struck and killed a pedestrian near Kingston Saturday.

The train had just left Kingston station when it hit the pedestrian around 12:05 p.m., spokeswoman Mylène Bélanger confirmed. Passengers were transferred on buses before resuming their journey to Ottawa.

"All contingency measures are being taken to ensure that we bring our passengers to their destinations," Bélanger said.

TORSTAR NEWS SERVICE

Fatality

Man dead after car hits tree: Cops

Ottawa police say a man is dead after a car hit a tree and flipped. Police say it happened when the driver lost control of the car Saturday night. No one else was injured. The driver, about 30 years old, was pronounced dead at the scene.

THE CANADIAN PRESS

Kanata

Cyclist injured after being struck by car

A driver struck a 66-year-old cyclist near Kanata Saturday, sending him to hospital.

Police and paramedics say they responded to the incident at 9:40 a.m. at Terry Fox and Richardson Side Road. The man suffered orthopedic and soft tissue injuries to the extremities, paramedics said, and is in serious but stable condition. **AMY YEE/FOR METRO**



Glow Fair goers groove to a "silent disco" set using Bluetooth-enabled headsets on Bank Street. ALEXANDER VLAD/CONTRIBUTED

Thieves take some shine off city's first Glow Fair

Bank Street. Two-day party draws crowds, but loses glow-in-the-dark equipment

AMY YEE
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The city's very first Glow Fair livened up Bank Street Friday and Saturday with buskers, disc jockeys, a performance from Judith Hill and extended shopping hours.

But if the eight blocks of Bank Street seemed to glow less than you might have imagined, you can blame thieves.

Benches, ladders and other accessories painted in glow-in-the-dark paint were also placed on Bank Street to appeal to the festival's theme.

So appealing that some were stolen.

"What was happening is once it got dark, festival-goers were moving equipment, trying to take things," said Christine Leadman, executive director of the Bank Street Business Improvement Area (BIA).

Two benches, worth \$350 apiece, are known to have been taken.

Because of the thefts, says Leadman, the company supplying the festival's black lights left, out of fear of their equipment being stolen as well.

But other lights and decorated storefronts managed to keep the festival aglow.

About 60 to 70 per cent of businesses along Bank Street kept their doors open for the event, says Leadman, although exact numbers have not yet been processed.

"There was a lot of things going on this weekend and I think there were people who had a few doubts about adding another festival to the lineup," said Julie Beun, Glow Fair publicist. "But I think it was an exceptional turnout."

The BIA gave participating businesses decor packages including tables, tablecloths, lights and spotlights.

For Rob Spittall, owner of The Comic Book Shoppe on

Bank, the evenings' festivities were great for business.

"We haven't seen that many new faces in the store before," said Spittall. "I'd say about 30 per cent had never been there before that night."

Business also picked up on the second day of the event, he says, when more people were posting about the event on social media and spiking the festival's interest.

But Spittall says that not enough stores were participating this year.

"Unfortunately, a lot of shop owners didn't want to put in the effort," he said.

If the festival comes around for a second year, says Spittall, he'd encourage more businesses to participate.

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NEWS

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40,000 people come out to attend Summer Solstice Aboriginal Festival

Record crowds. Event to celebrate Aboriginal Day has grown so big that non-natives now outnumber natives

DENIS
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"The biggest challenge to producing an event as big as the Summer Solstice Aboriginal Festival is getting the balance between an authentic cultural celebration for our First Nations, and a new experience for non-Aboriginal neighbours," said Trina Mather-Simard, executive director of the Aboriginal Experience, the company responsible for putting on the annual Summer Solstice Aboriginal Festival and Competition Pow-Wow, which wrapped up



Master canoe builder Daniel Johnston demonstrates his trade at the Summer Solstice Aboriginal Festival.
DENIS ARMSTRONG/FOR METRO

Sunday night.

Now in its eighth year at Vincent Massey Park, the Summer Solstice festival saw

record crowds, attracting an estimated 40,000 people — both Native and non-Native — over the weekend. The

heavy turnout was especially evident by the traffic gridlock at the park's entrance off Heron, making Governor General

Quoted

"In the eight years I've been doing this we've been getting bigger and bigger."

Trina Mather-Simard, executive director of the Aboriginal Experience

David Johnston a half-hour late to lead in the PowWow Grand Entry.

This was family-friendly programming on a grand scale, considering that the whole event was free of charge.

"Imagine the kind of attendance we might have had if there wasn't six other festivals all happening at the same time," Mather-Simard joked.

Highlights over the weekend included Ottawa Metis singer Amanda Rheaume, a Chinese dance troupe from Beijing and the Southern Lights Spectacle Parade of dance, fire hoops and pyrotechnic show on Saturday,

and Sunday's Aboriginal Pow-Wow dance competition, with entrants from across Canada in ornate costumes.

"In the eight years I've been doing this we've been getting bigger and bigger," added Mather-Simard. "We worked hard to make it a fun environment for our neighbours. We'll have to rethink some of the park logistics for next year."

Launched in 1993 as an event for First Nations communities to celebrate National Aboriginal Day on June 21, the Summer Solstice Aboriginal Festival has grown to the point where non-natives outnumber natives.

A black and white photograph of a bus driver, a Black man with a beard, smiling from inside the driver's seat of a bus. He is wearing a dark suit and tie. A red ribbon graphic overlays the bottom left of the image with the text: "When I'm in this chair I'm here for you." The OC Transpo logo is at the bottom.

Ottawa cops bust grow-op

Ottawa police dismantled a large indoor grow-op in west-end Ottawa on Tuesday and seized almost \$1 million worth of marijuana.

The Ottawa Police Service Tactical Unit conducted two warrants along the 2900 block of Richmond Road and the 0-100 block of Speers Crescent.

In total, detectives

seized 957 pot plants worth \$957,000 and 4,971 grams of dried marijuana valued at almost \$50,000.

A 2013 BMW, a 2011 BMW X6 and a 2006 Toyota minivan and were also seized in the bust.

Thien An Huynh, 46, and Thuy Dieu Nguyen, 35, were both charged with possession of proceeds of crime

over \$5,000.

Huynh was also charged with production of a schedule II substance, possession for the purpose of trafficking a Schedule II substance and theft of electricity over \$5,000.

Both are from Ottawa and both were released with a promise to appear in court.

LUCY SCHOLEY/METRO

Due in court Friday

Tutor charged with sex assault

Ottawa police charged a 66-year-old male tutor with sexually assaulting a student on Thursday.

Police say they responded to a call on June 15 from a parent who said his daughter had been sexually assaulted by her tutor.

Mohammad Ali faces one count each of sexual exploitation, sexual assault and sexual interference. He's due to appear in court on Friday, and anyone with information is asked to contact the Ottawa Police Service Sexual Assault/Child Abuse Unit at 613-236-1222, ext. 5944. LUCY SCHOLEY/METRO

Centretown

Teens busted for series of holdups

Four teens are facing charges related to a string of convenience-store robberies in the Centretown area.

Three of the robberies occurred in January and one in April. All incidents involved a real or fake handgun, a disguise and one to three suspects. Four of the male suspects are 17 years old. The other is 16.

One was released on bail and the other three remain in custody.

Anyone with information is asked to contact the robbery unit at 613-236-1222, ext. 5116. LUCY SCHOLEY/METRO

Deschene Rapids

Passing cyclist helps to avert boating disaster

The Gatineau fire department rescued four boaters from the Ottawa River's treacherous Deschene Rapids after the trio were spotted falling into the water by a passing cyclist. The cyclist called emergency services at 2:30 p.m. and rescue crews swung into action. METRO

For more local news, visit metronews.ca



Jazz Festival kicks off summer



Steve Martin and the Steep Canyon Rangers, featuring Edie Brickell, play the main stage at Ottawa Jazz Festival in Confederation Park on Sunday night. Martin, age 68, is an American actor, comedian, musician, author, screenwriter, film producer and voice-over artist. MIKE CARROCETTO /FOR METRO

Hot weather, cool jams. Annual music fest brings in big names, but also highlights local scene

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The Ottawa Jazz Festival is back for its 34th season, bringing with it a new stage and more music.

This year's new Canadian Music Stage on Laurier Avenue brings together a series of both up-and-coming as well as established Canadian musicians to the stage, says Petr Cancura, programming manager of the festival.

"I think the Canadian jazz scene is really strong and I see the Jazz Festival as supporting not only the international scene but the national — across Canada — scene (too)," said Cancura.

Sandwiched between the jazz hubs of Toronto and Montreal, Cancura says, Ot-

tawa is no longer just a pit stop for artists travelling back and forth from those two cities, but has become a central jazz hub itself.

This year's festival has a diverse set of programming lined up as well, says Cancura, ranging from its jazz roots to styles like gospel, punk fusion and world music.

Starting at 10:30 p.m. each night, the festival also hosts its Late Night Jam series at the Hotel Novotel where the house band of Roddy Ellias, Nick Fraser and John Geggie will perform with different artists each night.

"It's kind of like the heart of what jazz is, getting into the community and seeing all of these artists perform together that usually don't," said Cancura. "It's really inspiring for the local scene."

So far, Cancura says, the festival is getting a great turnout and great weather. "There's definitely a buzz — a buzz in the park," he said.

The Ottawa Jazz Festival runs June 20 to July 1 at various venues in the city.

Lineup

Musicians you don't want to miss this week at the Ottawa Jazz Festival:

- **Monday:** Tedeschi Trucks Band, 8:30 p.m., Main Stage Confederation Park
- **Tuesday:** Daniel Lanois, 8:30 p.m., Main Stage Confederation Park; Holly Cole, 6:30 p.m., Dominion-Chalmers United Church
- **Wednesday:** Les soeurs Boulay, 7:30 p.m., Laurier Avenue Canadian Music Stage
- **Thursday:** Earth, Wind & Fire, 8:30 p.m., Main Stage Confederation Park
- **Friday:** The Peptides, 10:30 p.m., Mercury Lounge, Club Series

An advertisement for the Second Cup Summer Drink Festival 2014. The top half features a photograph of a tall glass filled with a red smoothie, garnished with a green and white striped straw, sitting on a blue napkin next to a small bowl of cherries. The smoothie has the Second Cup logo on its side. The text "SECOND CUP SUMMER DRINK FESTIVAL 2014" is displayed in a laurel wreath above the smoothie. Below the smoothie, the text "featuring" is followed by "BLACK CHERRY REAL FRUIT SMOOTHIE". The bottom half features the Second Cup logo (a stylized coffee cup inside a circle) and the text "Savour a medium Black Cherry Real Fruit Smoothie for \$3.49*". A small note at the bottom states: "* Offer valid for a limited time. At participating Second Cup cafés in Canada. Plus applicable taxes. No substitutions. While supplies last. Product selection may vary by location. Products may not be exactly as shown. ® Trademark of The Second Cup Ltd." Social media icons for Facebook, Twitter, and Instagram are in the top right corner.

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Guilty as charged?

Cairo.

Egyptian-Canadian journalist and two colleagues await verdict in terror-related trial

For nearly six months Mohamed Fahmy has been cooped up in a Cairo prison cell on charges he has repeatedly denounced as ridiculous.

After a trial, which has drawn the attention of media organizations and human rights advocates around the world, the 40-year-old Egyptian-Canadian journalist and his two colleagues are expected to learn on Monday whether they'll be found guilty or set free.

"He feels that hopefully we will prevail at the end," Fahmy's brother, Adel Fahmy, told The Canadian Press.

"He's a very strong person ... but I have to say that over the past few visits he has become very easily frustrated,

very agitated and very anxious."

Mohamed Fahmy and his co-workers — Australian Peter Greste and Egyptian Baher Mohamed — were employed with Qatar-based satellite news broadcaster Al-Jazeera English when they were arrested on Dec. 29.

Fahmy was initially placed in a notorious high security prison where he was forced to sleep on the concrete floor of a dank, insect-ridden cell. After pressure from Canadian consular officials, he was moved to more hospitable quarters in a lower security facility, where he has shared a cell with his two colleagues ever since.

The three journalists have been accused of providing a platform for the Islamist Muslim Brotherhood group of ousted president Mohammed Morsi, which Egypt's government has branded a terrorist organization.

In addition, they've been accused of airing falsified footage with the intent of damaging Egypt's national se-

What will happen next?

Family involvement:
If Monday's verdict goes against Fahmy, his family is prepared to take the case to an appeal court — a process his brother said wouldn't get started for at least six months. Another option being considered is a request for a presidential pardon.

curity. The trio have decried the charges and have continually said they were only doing their jobs.

They're being tried alongside 17 others, including six other Al-Jazeera staffers being tried in absentia and a number of students who have been lumped into the same case.

Fahmy, who covered stories for the New York Times and CNN before working for Al-Jazeera, has been the most outspoken over the course of the trial.

THE CANADIAN PRESS



Left to right: Mohammed Fahmy, Canadian-Egyptian acting bureau chief of Al-Jazeera; Australian correspondent Peter Greste; and Egyptian producer Baher Mohamed appear in a defendant's cage along with several other defendants during their trial on terror charges at a courtroom in Cairo Thursday. HAMADA ELRASAM/THE CANADIAN PRESS

Mauritania

President wins re-election

The Mauritanian electoral commission says that the president has won re-election in a vote that the major opposition parties boycotted. President Mohamed Ould Abdel Aziz won with nearly 82 per cent of the vote. The next closest candidate took only about 8 per cent. A group of the West African country's major opposition parties refused to participate in Saturday's election, calling it a sham.

THE ASSOCIATED PRESS

Spain

Busted: Alleged book bootleggers

Spanish police have arrested three people on suspicion of illegally scanning and then unlawfully publishing books on a massive scale. The investigation follows a complaint from the copyright protection arm of Spain's authors and publishers association. It said it had detected evidence of a large-scale operation to scan original works.

THE ASSOCIATED PRESS

Retaliation

Israel hits Syria with airstrikes

Israeli warplanes bombed a series of targets inside Syria early Monday, the Israeli military said, in response to a cross-border attack that killed an Israeli teenager the previous day. In all, Israel said it struck nine military targets inside Syria, and "direct hits were confirmed." The targets were located near the site of Sunday's violence in the Golan Heights.

THE ASSOCIATED PRESS



Pro-Russian fighters stand in line to write their signatures under the text of the oath of allegiance to the self-proclaimed Donetsk People's Republic, on Lenin square in the city of Donetsk, eastern Ukraine, on Sunday.

DMITRY LOVETSKY/THE ASSOCIATED PRESS

Putin calling for compromise

Ukraine. Moscow has rebuffed appeals of separatists in the east to join Russia

Russian President Vladimir Putin publicly expressed support Sunday for Ukraine's declaration of a cease-fire in its battle against pro-Russian separatists and called on both sides to negotiate a compromise.

Putin said such a compromise must guarantee the rights of the Russian-speaking residents of eastern Ukraine, who must feel like they are "an integral part" of their own country.

Orwellian conduct?

Thai police detain protester reading 1984

Police in Thailand arrested eight people Sunday for demonstrating against the nation's military junta, including a man who was dragged away for reading a copy of George Orwell's *Nineteen Eighty-Four* during a staged silent reading outside one of Bangkok's most luxurious shopping malls.

The arrest was the first known case of anyone being detained for reading as a form of protest since the military seized power last month. **THE ASSOCIATED PRESS**

Putin's statement appeared to signal that he sees their future in Ukraine.

Separatists in the eastern Donetsk and Luhansk regions have declared independence and asked to join Russia. Moscow has rebuffed their appeals, but is seen by Ukraine and the West as actively supporting the insurgency. Putin's conciliatory words came as Russia began large-scale military exercises and after NATO accused Russia of moving troops back toward the Ukrainian border.

Putin appears determined to keep up the pressure to force the Kyiv government to give the eastern industrial regions more power and to prevent Ukraine

from moving too close to the European Union or NATO. But he also wants to avoid more punishing sanctions from the U.S. and particularly from the EU, whose leaders will meet Friday in Brussels, and therefore needs to be seen as co-operating with efforts to de-escalate the conflict.

The Kremlin initially dismissed the peace plan that Ukrainian President Petro Poroshenko laid out on Friday. But in a statement issued late Saturday, Putin said he welcomed the cease-fire and Poroshenko's "intention to take other concrete steps to reach a peaceful settlement."

THE ASSOCIATED PRESS

Albuquerque. Protesters put police chief 'on trial' over shootings

Demonstrators advocating for drastic changes within a police agency criticized by the U.S. Justice Department over its use of force put the embattled police chief "on trial" during a rally Saturday.

Hundreds of protesters, including some who brought children, marched from Roosevelt Park with signs and a makeshift coffin inscribed with the names of people killed by Albuquerque officers in recent years.

The Police Department is under scrutiny for over 40 police shootings — 26 of

them fatal — since 2010, and the Justice Department has issued a harsh report over the agency's use of force.

The protesters marched peacefully Saturday before returning to the park to continue the rally.

The mock trial outlined how police Chief Gorden Eden has failed to stop his officers from using excessive force, said David Correia, one of the protest's organizers.

"He has to answer to these charges," Correia said. "They'll all be read before the public."

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Quebec helicopter fugitives caught in posh Montreal waterfront condo

'We've got all three.'

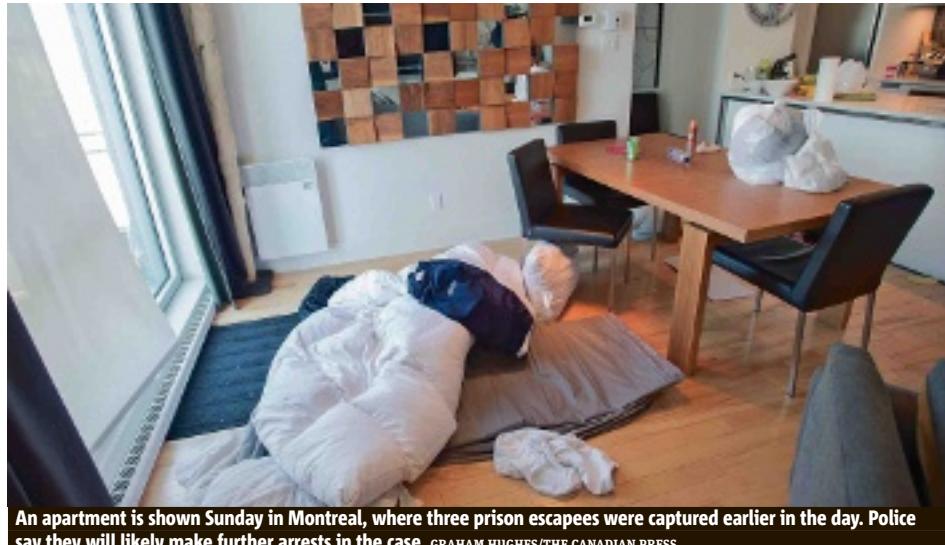
Police say more arrests likely as investigation looks into possible outside accomplices

The three men who police say escaped from a Quebec City-area jail by helicopter two weeks ago were captured on Sunday in an upscale Montreal condo.

Quebec provincial police say investigators, accompanied by SWAT team members, arrested Yves Denis, 35, Denis Lefebvre, 53, and Serge Pomerleau, 49, at around 1:30 a.m. inside the residence.

Sgt. Audrey-Anne Bilodeau said the investigation was ongoing and further arrests were likely.

"It could be a person who



An apartment is shown Sunday in Montreal, where three prison escapees were captured earlier in the day. Police say they will likely make further arrests in the case. GRAHAM HUGHES/THE CANADIAN PRESS

helped them escape from prison, or a person who helped them hide from us," Bilodeau said.

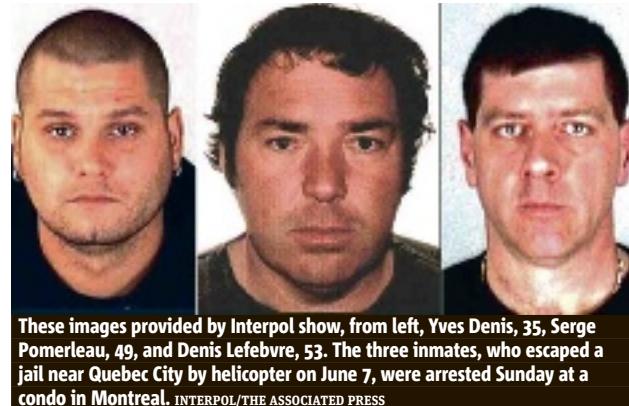
The trio were facing char-

ges, including gangsterism and murder, before the June 7 jailbreak.

They were to appear in a Quebec City court on Monday

to face fresh charges, but police didn't spell out what the new charges would be.

A woman who lives in the building where the arrests



These images provided by Interpol show, from left, Yves Denis, 35, Serge Pomerleau, 49, and Denis Lefebvre, 53. The three inmates, who escaped a jail near Quebec City by helicopter on June 7, were arrested Sunday at a condo in Montreal. INTERPOL/THE ASSOCIATED PRESS

took place said she watched from her balcony as the men were escorted in handcuffs into a police van.

France, who gave only her first name, had recently returned from a tango class when she heard a commotion.

"I knew something important was happening," she

said. "I saw a police car arrive, then another, and then another ... And then I heard someone say, 'No, it's not a joke. We've got all three.'"

The condo was part of a ritzy new development in Old Montreal featuring a fountain courtyard, just steps from the historic waterfront.

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Mock phishing test hooks nearly 2,000 Justice staff

Many of the Justice Department's finest legal minds are falling prey to a garden-variety Internet scam.

An internal survey shows almost 2,000 staff were conned into clicking on a phoney "phishing" link in their email, raising questions about the security of sensitive information.

The department launched the mock scam in December as a security exercise, sending emails to 5,000 employees to test their ability to recognize cyberfraud.

The emails looked like genuine communications from government or financial institutions, and contained a link to a fake website that was also made to look like the real thing.

Across the globe, an estimated 156 million of these so-called "phishing" emails are sent daily, and anyone duped into clicking on the embedded web link risks transferring confidential information — such as online banking passwords — to criminals.

The Justice Department's mock exercise caught 1,850 people clicking on the

Net result
1,850

The mock exercise caught 1,850 employees, or 37 per cent of those who received the phoney emails — much more than the estimated five per cent of the general public who get fooled by similar scams.

phoney embedded links, or 37 per cent of everyone who received the emails.

That's a much higher rate than for the general population, which a federal website says is only about five per cent.

The exercise did not put any confidential information at risk, but the poor results raise red flags about public servants being caught by actual phishing emails.

A spokeswoman says "no privacy breaches have been reported" from any real phishing scams at Justice Canada.

Carole Saindon also said that two more waves of mock emails in February and April show improved results, with clicking rates falling by half.

"This is an awareness campaign designed to inform and educate employees on issues surrounding cybersecurity to protect the integrity of the department's information systems and in turn better protect Canadians," she said in an email.

"In this case, this exercise specifically dealt with the threat from phishing which is increasingly being used as an attack vehicle of choice by cybercriminals."

"As this project progresses, we are pleased that the effectiveness of this campaign is showing significant improvement."

A February briefing note on the exercise was obtained by The Canadian Press under the Access to Information Act.

The document indicates there are more such exercises planned — in June, August and October — and that the simulations will be "graduating in levels of sophistication."

Those caught by the simulation are notified by a pop-up window, giving them tips on spotting malicious messages.

THE CANADIAN PRESS

Grow opportunity thwarted by court order

Pot predicament. Lack of local dispensaries and new federal rules that prohibit home-grows lead young man to buy off the street

 **JEREMY NOLAIS**
Metro in Calgary

After suffering a stroke, it took 10 months for a south Calgary man to find a doctor willing to prescribe him marijuana.

And now, he says a lack of local dispensaries and new federal rules that prohibit homegrows have forced him to veer from the legal system and buy it on the street.

Health Canada aimed to criminalize home marijuana grows by April 1. A court injunction has prevented such measures from being fully implemented for the time being.

Still, many marijuana users say they've trashed their plants. A handful of

entrepreneurs have plans for commercial growing facilities in rural Alberta, but no suppliers have been established to date.

Bob, 20, whom Metro agreed not to fully identify, orders eight to nine grams per month at \$6-per-gram from a Vancouver-based supplier. It's cheaper than on the street, but he says the hassle of getting a prescription from doctors and the wait time for his shipment has led him to turn to illegal suppliers.

"(Doctors) were prescribing me OxyContin, Percocet and all these other drugs so quick," he says. "Then, when it comes to marijuana, they're all beating around the bush."

Health Canada has not agreed to an interview on the federal marijuana changes despite requests made by Metro over a period of months. They have instead issued statements clarifying that the drug is not formerly approved for use because it hasn't "gone through the necessary rigorous scientific trials for efficacy or safety."

The courts, however, have required the federal body to

provide "reasonable access" to marijuana.

But John, a Calgary cancer survivor, who Metro also agreed not to fully name, says the commercial product also lacks the same quality.

"It's kind of a joke," said John, who routinely smokes marijuana and has tried his hand at infusing the drug into muffins and butters.

The Alberta Law Enforcement Response Teams have supported the move away from home marijuana growing, citing public safety.

John had hoped to erect a greenhouse to grow his previously approved marijuana allotment in the backyard of his northwest Calgary home, but abandoned those plans — and his plants — ahead of anticipated April 1 changes. Now, he keeps one meagre pot plant on a windowsill at home and buys the drug off the street for \$200 an ounce.

"It's killing me," he said of the cost. "I'm an old man. I don't know how much longer I have left on this planet, but I don't need to be fighting just to not be in pain."



John, a Calgary cancer survivor and marijuana user, is seen with his supply of the drug. He said the marijuana being commercially grown and shipped around Canada is "garbage" compared to what he had hoped to grow in his own backyard greenhouse. **BRYAN WEISMILLER/METRO IN CALGARY**

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Keep calm and carry on buying a home



HOW
TO ROLL
Alison Griffiths
metronews.ca

Just when you thought home prices couldn't possibly go higher, they have. The housing market is officially going crazy ... again. Having just posted the best May on record, up seven per cent on average nationally since last May, real estate continues to be the best investment ever. Of course, that's only for those who got in before the torrid price moves of the last couple of years, particularly in hot markets such as Toronto, Vancouver and Calgary.

Doomsayers around the globe have long been predicting a collapse of Canadian home prices. Just before Christmas, Deutsche Bank, a fairly sober institution, hysterically stated that home-sweet-home prices in

It's hot and it's cold

- Hottest real estate market: Northwest Territories, +23.7 per cent in last year
- Coldest real estate market: Yukon, -8.5 per cent in last year

the Great White North were overvalued by 60 per cent.

Proclamations like that get everyone jumpy, but none of them more so than those who purchased recently or are in the process of doing so. Real estate anxiety is understandable since a home purchase is invariably our single largest investment.

If you are fearful of being shut out of the market or hoping to cash in on price climbs ahead, buying now is probably not a good idea. Behavioural economics tell us that the retail investor (whether purchasing real

estate or stocks) tends to get both manic and scared in the face of soaring prices. Those emotions propel us to make impetuous decisions.

Emotional investing also causes us to abandon normal due diligence. Eliminating standard conditional clauses such as a home inspection or financing can make an offer more appealing. But doing so adds considerable risk to the investment.

On the other hand, the impact of purchasing in an inflated market is usually ameliorated by time. The longer the time frame, the less the effect on the investment, whether it is a rental or a primary residence.

We all want to buy low and sell high. But predicting future prices is a mug's game. If the investment of your life is affordable now, and after factoring in inflation and higher interest rates in the future, time will smooth out the downturns to come.



Ronaldo who? Sloth takes star turn in Brazil

Tourists hold a sloth in Manaus, Brazil, on Sunday. Manaus is one of 12 cities hosting matches during the 2014 soccer World Cup. JULIO CORTEZ/THE ASSOCIATED PRESS

Fantasy fans bring in real cash to Northern Ireland

Giants, dragons and vengeful queens have for generations populated Northern Ireland's folk tales. Now, such creatures are visiting the land in a different version — on the sets for the hit TV show Game of Thrones. But rather than spells and destruction, they're bringing an economic boost to this British province still healing from its past of political violence.

Fans of the HBO fantasy drama would recognize here the landscapes from the fictional land of Westeros — the castle of Winterfell, the seaside cliffs of the Iron Isles and the King's Road leading to the north. About 75 per cent of the show is filmed in Northern Ireland, both in natural settings and in the Titanic Studios in Belfast.

Since the pilot episode began filming in 2009, attracted by the local government's financial incentives, the show's presence has helped foster a film industry that is catching the eye of other Hollywood productions. And Northern Ireland is taking advantage of the attention by promoting the



Tourists pose for photographs on the North Antrim Coast, close to Carrick-a-Rede Rope Bridge and Larrybane headland. Larrybane was the dramatic spot chosen for Renly Baratheon's camp in Season 2 of Game of Thrones. THE ASSOCIATED PRESS FILE

filming locations as tourist destinations.

The latest — and perhaps most illustrious — visitor is Queen Elizabeth II, who will tour the studio sets on Monday. But thousands have already been visiting from across the globe.

Cara and Tom Collins from Springdale, Ark., were in Ballintoy Harbour recently to see the rocky coastal setting used in the show for the Iron Isles, a kingdom of

rugged sailors.

"You can just close your eyes and picture everybody there," said Tom.

The Season 4 finale of Game of Thrones earlier this month was watched by 7.09 million viewers in the United States according to prime-time viewership numbers compiled by the Nielson Co. That makes it HBO's most-watched program since The Sopranos in 2007. THE ASSOCIATED PRESS

WHAT DOES THE LATEST OTTAWA BUSINESS CONFIDENCE SURVEY SAY ABOUT THE PROS AND CONS OF DOING BUSINESS IN OUR CITY?

Find out, all this week in Metro.

metro

SPINNING OC'S RIDERSHIP WOES

It's become a tradition at OC Transpo over the past two years: the annual and quarterly spinning of sinking passenger counts.

Ridership, according to Transpo's annual performance report, continued its decline in 2013, down about 3 per cent from 2012, which was down about 2.4 per cent from 2011. We're on a similar path so far in 2014, with numbers in the first quarter down 2.8 per cent from the same period last year.

The explanation was familiar: "Yes, it's a concern that ridership is down, but it is directly linked to employment levels and it continues to track with the Ottawa-Gatineau employment that we've seen month over month," Transpo GM John Manconi told the transit commission Wednesday.

The effect of unemployment, particularly federal government job cuts, has become Transpo's go-to explanation for



URBAN COMPASS

Steve Collins

ottawa@metronews.ca

shrunken ridership, squeezing out previous bus-emptying suspects like low gas prices or nice weather—which were also conveniently beyond their ability to change.

Not everybody is convinced that job losses are the sole reason for the decline. Local unemployment has ticked upwards and downwards over the past two years, while ridership has steadily dropped. That \$20-million service cut in 2011, which resulted in longer walks to fewer buses, is persistently dismissed as a possible factor.

Coun. Stephen Blais wondered if route-by-route figures might tell a different story on ridership, because his east-end constituents aren't exactly reporting tumbleweeds blowing through their commute.

"I'm not getting praise for having more seats available on buses in Orleans all of a sudden," he said. "The buses in Orleans

The people on the bus go down and down

Not everybody is convinced that job losses are the sole reason for the decline (of ridership).

are still jam-packed and lots of public servants come from Orleans. So I'm wondering how we know that it's directly related."

Manconi explained that if you're riding a bus with 50 people and ridership drops 2 per cent, that's only one less body on that bus. (And it never seems to be that dork sitting in the aisle seat of a crowded bus while others stand, annexing the unoccupied window seat).

He also noted Halifax's transit ridership was down five per cent last year, and Vancouver's two per cent drop was offset only by a 10 per cent increase in fares.

That last perhaps helps put our own annual fare hikes, 2.5 per cent last year and 1.9 per cent this year, in perspective.

ZOOM

He's not just an ugly face



Peanut, a two-year-old mutt, "smiles" after winning the World's Ugliest Dog Contest, at the Sonoma-Marin Fair, in Petaluma, Calif. GEORGE NIKITIN/THE ASSOCIATED PRESS

Bulging eyes + big heart = winner

Meet Peanut, a sweet, energetic mutt, whose wild white and brown hair, bulging eyes and protruding teeth helped him clinch the title of World's Ugliest Dog in Petaluma, Calif. over the weekend.

Although Peanut is healthy now, he was seriously burned as a puppy, resulting in bald patches all over his body.

THE ASSOCIATED PRESS

Homely champ to raise awareness

His owner, Holly Chandler of Greenville, N.C., hopes Peanut's victory will help raise awareness about animal abuse.

"We're trying to use him as a poster child for what can happen to animals who are abused," she said.

She plans to use the \$1,500 prize to pay for other animals' veterinary bills. THE ASSOCIATED PRESS

Top-dog winning combo

- The dogs are scored by a three-judge panel in several categories, including special or unusual attributes, personality and natural ugliness.
- Past winners include a duck-footed beagle, a boxer-basset hound mix with a waddle, a Chinese crested and chihuahua mix with a protruding tongue and a chihuahua with a missing eye and a camel's back.

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MetroTube

Storm chasing in South Dakota



ANDREW FIFIELD

andrew.fifield@metronews.ca

Last week was a rough one, tornado-wise, including in our own country, with a twister touching down in Angus, Ont. that damaged several homes.

But this South Dakota storm system captured by a vehicle full of adrenalin junkies last week takes the cake. Several bright white vortices twist and dance around one another, wreaking havoc on anything in their path — including a farm that gets torn to pieces around the three-minute mark. (TVNWeather/YouTube)



THE CANADIAN PRESS FILE

Want to hear the stripper-inspired White Lilies? Scan the photo with your Metro News app to listen to the song!

metronews.ca
Monday, June 23, 2014

High on life and in a Haze

Rap. Angel Haze sits down to discuss strippers, sexuality, polygamy and why women are better to date ... oh, and she talks about her music, too

RICHARD PECKETT
Metro World News in London

Rapper Angel Haze is making the media as excitedly fidgety as a room of schoolboys who've stumbled upon a top-shelf mag. She's dating a girl. And she's a celebrity. It's Ireland Baldwin, the daughter of Kim Basinger and Alec Baldwin, which would make the "best of girl-on-girl lovers" lists in the tabloids, if such a thing existed.

Haze — real name Raykeea Angel Wilson — is happy for the press to have a field day with it. She's in a good place right now and is keen to move on from divulging the details of a frankly dismal childhood, when she was a victim of rape at the hands of so-called family friends. The 22-year-old Detroit native says she's ready for some "fun" with her next album, due out this summer, called Troubled Child.

Unlike her well-received but weak-on-sales debut album Dirty Gold, this one won't be leaked. Haze, who is on a Mary Jane high, talks strippers, sexuality and social media.

You've been teasing the press and public with images of you and Ireland Baldwin on social media. But before we get to that, why did you make a track on your debut album Dirty Gold about a different girl ... a stripper?

Oh my god, the girl from (music track) White Lilies.



She's beautiful!

What made her so special?
She's beautiful. I was obviously wasted and I wanted to experiment and learn things. I think at the time it was interesting to meet someone and not know anything about them or the stripper life, which you hear a lot of people talking about it, but you don't really know about it until you experience it.

In terms of your own life, the lyrics from your EP and Dirty Gold seem to be quite cathar-

tic. Have you moved on from that stage in your life now?
Yeah, definitely. I didn't realize that until I was doing some interviews early this morning, and I was completely exhausted by talking about my past. I was like an 18-year-old girl who had no clue that the world was paying attention and I was just making music because it was cathartic and a release for me and none of the other stuff mattered. Obviously it doesn't mean anything to me anymore, so talking about it is like beating a dead horse.

Now all of the other stuff matters: I've decided to have fun and I'm appreciative where I've landed in my life.

Your music connects with, amongst others, troubled young children. Do you see yourself as a role model?
I don't feel like a role model because that means I would do everything that I knew was right and I'm like a f—k-up.

Are you more 'real' and tangible?

Yeah, definitely but lots of people would disagree. Some people would think I was a whore or something — my friend over here is like 'uh huh' (laughs). It's cooler to just be real about it — it's not a fairy-tale life.

Do you feel like you're changing rap's attitude toward sexuality?

Oh, because I'm like openly queer or whatever? I suppose so, but I don't think people get it still. ... But I think I have female privilege because no one takes it seriously when it comes down to me. They're like, 'She's bisexual.' It will take someone bigger to change rap's attitude, but not me.

Are you a clingy kind of girl when it comes to relationships?

Nooo, I'm the entire opposite: I'm what people refer to as a 'thot.' I don't really do committed relationships, ever. It's insane if you find me in one. I'm usually very open ... a polygamist.

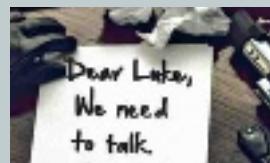
Who's better to date: girls or boys, and why?

I think girls are better than guys, but that's just me.

What! Why?

We're smarter than you guys, more fun, and we smell better.

Ebooks



Dear Luke, We Need To Talk, Darth
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MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

This collection of humorous memos, letters and text messages imagine the off-screen interactions of our favourite movie characters, where the shark from Jaws keeps a therapy diary and the Walking Dead zombies commiserate together online. Clever logos and fonts complete the inventive gags for Don Draper's self-reflecting cocktail recipes and an exasperated court-ordered letter from Dora the Explorer's mom.

Game of Thrones

Upcoming season to be strongest yet: co-creators

Some Game of Thrones fans are wondering if the show's next season might lack a little punch. But show co-creators David Benioff and Dan Weiss tell Entertainment Weekly: "Now that we're nearly finished with the first drafts of each episode, we see no reason why the coming season shouldn't be the strongest yet." **THE CANADIAN PRESS**

TODAY'S TIP

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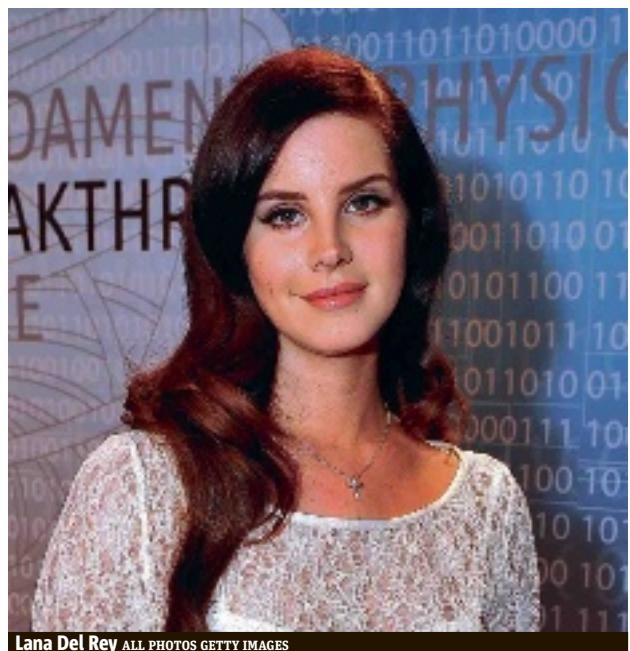
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Lana Del Rey ALL PHOTOS GETTY IMAGES

Born To Die singer angry about journo's 'leading questions' on death

Lana Del Rey apparently isn't too thrilled with the *Guardian* running with her "I wish I was dead already" quote and turning it into a story.

The singer took to Twitter to complain in a series of tweets that she later deleted. "I regret trusting the *Guardian*. I didn't want to do an interview but the journalist was persistent," she posted about her chat with *Guardian* music critic Alexis Petridis for an article written for the newspaper by Tom Jonze. "Alexis was masked as a fan but was hiding sinister ambitions and angles. Maybe he's actually the boring one look-

ing for something interesting to write about. His leading questions about death and persona were calculated." For the *Guardian*'s part, Jonze responded by posting the original audio of the interview. "It's not pleasant asking a pop star if she thinks the idea of dying young herself is attractive. It's a dark question, but it's not a leading one," he writes. "She has every opportunity to say no. And she can hardly complain about the subject matter. She'd been talking about her icons all dying young (and) she named her debut album *Born to Die*."

METRO WORLD NEWS

Megan Fox planning to make fewer movies, spend more time with family



Megan Fox

Now that Megan Fox has a two-year-old and a four-month-old at home to think about, she's kind of souring on the whole show business thing.

"I've never been an extraordinarily ambitious girl or career-oriented, but especially once I got pregnant

with my first son and now (having) my second, it's so hard to be a working mom especially when your heart is not in your work, when your heart is with your family," she tells *Parents* magazine, explaining that for now, she's looking to work only as much as is necessary.

"I have to make one movie a year because I have to invest in their future and I have to be able to pay their way through college and be able to provide for them. I'm looking for movies that will shoot in Los Angeles, for projects where I'm part of an ensemble so I can shoot in and out in 10 to 20 days. It's all about trying to spend as little time away from my kids as possible."

METRO WORLD NEWS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Find Mr. West to direct you to little North



STARGAZING

Malene Arpe

scene@metronews.ca

Kim Kardashian and Kanye West threw a big birthday party for their daughter North West, who turned one. Regrettably, some of the guests got lost due to the directions on the invite: "For North West go south-southeast, then south, look for Mr. West who will guide you to little North. P.S.: If the party goes south, look for exits marked 'This way away from North West.'

This Week in Names: 1) Jenna Fischer's new baby's name is Harper Marie. 2) Kelly Clarkson's new baby is named River Rose. 3) The name Elsa is climbing

in popularity thanks to older siblings who pester their parents to name their baby sisters after the *Frozen* heroine. 4) Kit Harington who plays Jon Snow on *Game of Thrones*, says his parents didn't tell him that his real name is Christopher until he was 11. In other words, he knew noth... (Let it go. The season is over. Just let it go.)

Taylor Swift has reportedly dumped Selena Gomez as a friend because she's tired of hearing about her problems with Justin Bieber. Despite Taylor's best efforts, she hasn't even been able to write a song about it.

Harrison Ford will spend a long time recovering from an ankle injury sustained on the set of *Star Wars VII*. It will be eight weeks with normal hospital treatment and bed rest, two weeks if he can be convinced to have his leg frozen in carbonite.



Prince William

Prince William and family to travel in luxury aboard British Heirways chopper

What do you get for the birthday boy who's going to eventually rule everything — in England at least?

Queen Elizabeth II reportedly celebrated Prince William's 32nd birthday by leasing him and his young family a \$13.6-million luxury helicopter for getting around

the country, according to *Sky News*. The craft can hold up to seven passengers in leather-seated comfort and can fly a maximum distance of 530 miles in one trip. The chopper has already been affectionately nicknamed *Heirforce One*, according to *Sky*. METRO WORLD NEWS

A Sting-ing revelation for the kids of former Police frontman



Pop icon Sting says his children won't be getting trust funds from his vast fortune, assuming there's any money left in it. The 16-time Grammy Award winner and former frontman of The Police told *The Mail* on Sunday that the vast wealth would be "albatrosses" around the necks of his six children.

The singer-songwriter, who grew up in a shipbuilding community in northeast England, says he told the kids, "There won't be much money left

because we are spending it!"

Sting's wealth was estimated at about \$306 million US by the *Sunday Times Rich List*.

THE ASSOCIATED PRESS

Twitter



@Joan_Rivers

I hear Shakespeare in the Park is doing King Lear, but with a NY twist. He now dies after being mugged and stabbed.



@TomArnold

I have to make a decision because I can already see that telling my baby no is potentially doing irreparable damage to our best friendship.



@ricky_martin

If you're waiting for a sign, this is it.

3

WEEK

With all 'I do' respect, keep your own financial identity

Couple's money. The best route to a strong marriage is to work as a team, but keep your accounts separate



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

It's not unusual for two people who are *very* different in how they see and manage money to hook up before they've talked about those differences. Then instead of just being a tool, money becomes something they fight about.

I meet people all the time who want to beat me up because I advocate financial independence within couples. "C'mon, Gail, marriage means you have to be a team." "Yeah, it's about trust." "Just because you've been divorced three times doesn't mean we're all headed that way."

Y'know what? They're all right. Every one of them has a point. But nothing they've said has changed my mind. I believe with all my heart that to be strong as a couple, you each have to be capable of standing on your own two feet financially.

Planning a family?

Being on the same team means you're going to set your goals together and help each other meet those goals. If one of those goals is to have a family, then together you have to decide how you will provide care and money to take care of that family. If one of you decides to stay home, that doesn't mean the money-maker gets to make all the decisions about how the



The strongest couples are those who can stand on their own two feet financially, our columnist says. **ISTOCK**

money gets spent or abdicate home-care responsibilities. But so often, that's exactly what happens.

It also often happens that the non-working partner ties themselves completely to their mate financially. They share a bank account; there are no individual accounts. They share credit. One may even give up his or her financial identity completely. It isn't healthy. And many a divorcee or widow comes to regret it.

Being financially independent isn't a precursor to or acknowledgement of the fact that your relationship will end unhappily. To be good for each

other and strong together, you each need to be taking care of the money — individually and as a team — and you each need your own financial identity.

You must each be clear about what you need, want, and expect from your relationship.

And it can't just be clear in one person's mind. You have to talk about it, negotiate the grey areas, and come to a happy place where you're each getting some of what you want.

Stay-at-home partner

For those couples who have one stay-at-home partner, it is important that person have their

own bank account, credit card and savings; yes, accounts in his or her own name. Sure, you're a team, but all that teamwork doesn't do you the least bit of good if the working partner leaves the other partner with no financial identity. Don't confuse having money with having a financial identity; they are not the same thing. Besides, why should the stay-at-home partner be any less financially sound in their own right if you've agreed on this strategy for your family?

A bank account will create a record of money management. Savings will not only help you prepare for the future, it will

signal the right financial behaviour. And a credit card — not a joint card or a supplemental card — will create a credit history.

Don't think that because you're both signed on the mortgage or on a line of credit together your credit histories are being built equally. That's a common misconception. Typically the credit history is reported only for the first signature on the application, so one of you may have no credit history whatsoever. Divorce or death is a tough enough thing to deal with; finding out you're a financial non-person doesn't make it any easier.

Getting back into the loop

So what if your partner has been out of the loop and now needs to get with the financial program? Having a jointly created plan on paper gives you a starting point for discussing how you're managing the money. While you want your mate to have a sense of the big picture, a detailed budget will help him or her see how all the pieces fit together. Your aim is to share your joint financial responsibilities even as you manage your personal financial identities.

Assuming responsibility for your own financial independence is scary for some people. That idea of independence makes some people want to duck and hide behind words like love and trust and honour and team. But independence doesn't negate any of those things. It enhances them because each day you're choosing to be together, not defaulting to togetherness because you're trapped.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO Mymoneymychoices.com AND FOLLOW THE ROADMAP TO SUCCESS.

Parental ties. Secure kids create better friendships

Not only do strong parent-child bonds mean that kids are more likely to be attentive to friends, they're also more assertive in the face of difficult peers, say researchers at the University of Illinois.

Researchers observed the interactions of pairs of peers in a series of three visits over a period of one month.

Those with strong bonds to

their parents reacted positively in the first meeting of their new friend and were attentive even if the other child was likely to react in anger.

Yet if the new peer partner reacted in anger, children with strong bonds to their parents lost enthusiasm for the friendship.

The study was published in *Developmental Psychology*. **AFP**

No CAD skills required

3D printer for kids keeps it simple

Mission Street Manufacturing has created a playful printing machine just for kids that is part toy, part educational tool. Printeer aims to "bridge the gap between the screen and the physical world" by letting children sketch their designs out on an iPad before manufacturing them. **AFP**

Meeting goals. Kids with freer schedules do better

Limiting structured activities allows kids to establish interests and self-discipline, according to a new study at the University of Colorado Boulder, one of the first of its kind.

The study, published in the journal *Frontiers in Psychology*, says that kids who spend time reading, playing or exploring nature in the absence

of predetermined structure are more proactive than those whose parents pack their schedules with lessons and study sessions.

They are also better able to meet their own goals than those who are carted from one pre-organized activity to another outside of school and homework, say researchers. **AFP**

Learning as long as you're living may be the best course of action

Class is in session ... again.

Startup founder takes 30 classes in 30 days to encourage perpetual education

LAKSHMI GANDHI
Metro World News

Over 1.5 million college students graduated this year, packing away their books and embarking on their life adventure in the real world.

A recent study by the Jenkins Group reveals that nearly half of the class of 2014 will never read a book again. Chad Lovell wants to change that. Lovell is the co-founder of AllClasses.com, a search engine that lists available classes all over the world. Lovell is currently taking 30 classes in 30 days in order to encourage lifelong learning. We recently caught up with Lovell as he was heading home from a busy afternoon at class.

How was class today? What did you end up taking?

I took a class on day trading stocks and trading options. I've done a little trading on my own, so I was a little skeptical going in (about whether I would learn much). But we were talking about stuff we can do and all of the different options. I'm learning new stuff all of the time. Every class I go to, I tell people what I'm



It's unquestionable that taking on a class can provide great nourishment for your noggin. iSTOCK

doing and they say, 'That's awesome.'

How did you pick the classes you would take over the course of the month?

I wanted it to be something that benefits me and that

would add value to my business. Half of the classes are concentrated on professional development. I'm also taking classes for my personal benefit. I started power lifting and working on core strength last year,

and I'm taking a pole fitness class, which is interesting because I'm often the only guy there.

How did you come up with the idea for the 30 in 30 Learning Challenge?

I've always been an intellectually inclined person. The world around us is accelerating, and it's changing faster and faster. If you don't invest in yourself, you are going to be left behind.

The human race

"The world around us is accelerating, and it's changing faster and faster. If you don't invest in yourself, you are going to be left behind."

Chad Lovell
Co-founder of AllClasses.com

What have you learned personally while doing the project?

Learning is invigorating. It is a bit exhausting running a company and taking all of these classes at the same time, but I am trying to show people that it is possible and that it's important to invest in yourself.

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'Round the world wisdom

Changing your future can change your present



LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Have you ever noticed how looking at a future holiday in your calendar can completely shift your mindset in the present?

A look forward unlocks our imagination and sets a plan in motion, resulting in new actions and a refreshed state of mind. Why not do the same with our careers, our relationships, or our lives?



You can rock at life as long as you learn to set your sights on success.
ISTOCK

If the life trajectory we are on is no longer inspiring or nourishing, the good news is that by inserting a challenging project in our future, the present will immediately shift and our trajectory will forever be changed. Not only will our lives be altered when we reach the completion of the project — revealing new avenues that are hidden from us at present — more important, the project will change the present, too.

For example, when I signed up to run the Gobi desert, the training helped me build my level of resilience which in turn shifted how I related to the 2009 recession. Before, the recession had been an event to survive. Through the Gobi, it became an opportunity to

thrive.

Completing the race itself resulted in two unforeseen gifts: I wrote a book called Gobi Runner detailing the journey, and then started sharing the Gobi story on the speaker's circuit. While neither of these developments was planned, my day-to-day life was forever changed.

Most of us decide to change the course of our lives only when something goes wrong. Why wait? Taking on new challenges can be uncomfortable, but it is possibly the most effective way to instead give ourselves a future to step into today.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Cut that out: Success is about making decisions

Food for thought.

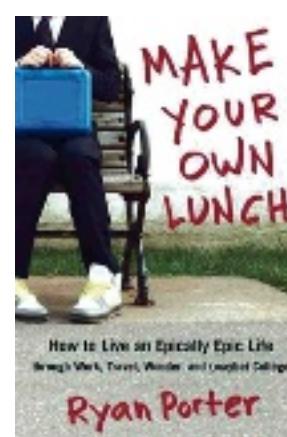
Author Ryan Porter believes he has the recipe for making young people's dreams come true

In his new edibly themed book Make Your Own Lunch, author and inspiration speaker Ryan Porter aims to empower and guide young people as they search for their answer to the age-old question: "What do you want to be when you grow up?"

In this excerpt he explains why the key to achieving any dream is making a decision:

"So not only am I an incredible battle rapper and karaoke singer. I also know a bunch of pointless information.

Like this: Did you know the word decide comes from the Latin word *decidere*? And did you know that *decidere* literally



How to Live an Epicely Epic Life
Bring It On, Thrive, Wonder, and Laugh College
Ryan Porter

to go, then decide to go there. And if there is something you want to be, then decide to be it.

Is that four-hour Xbox marathon bringing you closer? Nope?

Cut it (not literally — electrocution is no joke). Another episode of Teen Mom? Really? Is that really bringing you toward the things you want? No? Cut it.

The difference between rich and poor, excitement and boredom, and success and failure is decision. I can't type it enough times: Decision is the only way anyone has accomplished anything, ever. So instead of sitting there waiting for luck, destiny, or fate to deliver a gift basket to your front door, filled with money, Cherry Coke, cheese wheels, your dream job, and a private jet, decide to get it yourself.

You have the most incredible superpower (other than Wolverine's retracting adamantium claws, of course) to do whatever you want. That superpower is decision."

METRO

Life lessons of the rich and famous

Said the stars. The best career advice from 2014's celebrity commencement speeches

LAKSHMI GANDHI
Metro World News

As graduation season winds down, we thought we'd share the best pieces of career advice we've heard from recent speeches given by celebrities. Here, in no particular order, are some of the highlights.

Shonda Rhimes
The creator of hit shows *Scandal* and *Grey's Anatomy* urged Dartmouth grads to focus on doing rather than dreaming: So, Lesson One, I guess is: Ditch the dream and be a doer, not a dreamer. Maybe you know exactly what it is you dream of being, or maybe you're paralyzed because you have no idea what your passion is. The truth is, it doesn't matter. You don't have to know.

You just have to keep moving forward. You just have to keep doing something, seizing the next opportunity, staying open to trying something new. It doesn't have to fit your vision of the perfect job or the perfect life. Perfect is boring, and dreams are not real. Just ... do.

So you think, 'I wish I could travel.' Great. Sell your crappy car, buy a ticket to Bangkok, and go. Right now. I'm serious.

You want to be a writer? A writer is someone who writes every day, so start



Mindy Kaling GETTY IMAGES

writing. You don't have a job? Get one. Any job. Don't sit at home waiting for the magical opportunity.

Barbara Walters
While receiving a lifetime achievement award from the Fred Friendly First Amendment Award committee at Quinnipiac University, the recently-retired Barbara Walters shared these tips for living a fulfilling life. While this isn't from a commencement speech, we loved this advice so much we had to include it:

- 1) There has to be something you have to do, most important something you want to do.
- 2) You have to have someone to love, and to love you, not necessarily a family. Sometimes it's just friends. I don't have a big family. I have one child. I would be lost without my friends.
- 3) You have to have spirituality of some sort. I don't mean that it has to be religion. It can be ethics. It can

be a philosophy.

- 4) You have to have strength of purpose in mind.

Tory Burch
The fashion designer focused on the lessons she learned from building her company in her address at Babson College:

Being an entrepreneur isn't

just a job title, and it isn't just about starting a company. It's a state of mind.

It's about seeing connections others can't, seizing opportunities others won't and forging new directions that others haven't. It's about being entrepreneurial wherever you are and in whatever you do.

It's about having the

courage to give in to passion for an idea that makes your heart race. If it doesn't scare you, you're probably not dreaming big enough.

Mindy Kaling
Addressing Harvard Law School grads on their Class Day, the sitcom star's joke-filled speech turned serious for a moment. Accord-

ing to motherjones.com, Kaling urged graduates to "be the kind of people (who) give advice to celebrities, not the other way around." She continued: "You are entering a profession where no matter how bad the crime, or the criminal, you have to defend the alleged perpetrator. That's incredible to me."

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Barbara Walters GETTY IMAGES



Dreaming of your summer holiday?

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Not only is it time to finalize travel plans, it's a good opportunity to think about whether or not you've got the right travel rewards credit card to help get you there and make the most of your travel experience.

If you're looking for a new travel rewards card, you should have one that provides choice, flexibility, and value — like RBC's Visa Infinite Avion card.

Powered by RBC Rewards, earning points on your Avion card is simple — one dollar spent equals one point. And, the points never expire so you can use them right away for a weekend getaway or save them for a Paris trip.

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Cardholders can use their Avion RBC Rewards points to book flights anytime, anywhere and on any airline, without any restrictions or blackout periods. They can book hotels, cruises, vacation packages, and car rentals on points, too. The program also provides premium travel insurance coverage such as trip cancellation, trip interruption, and flight delay.

FLYING ON AVION RBC REWARDS POINTS

Check Avion's easy-to-understand online flight redemption grid to see where and how far your points will take you. For example, 15,000 points is a value of up to \$350, which is enough for a short-haul flight.

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Cardholders can convert RBC Rewards points to WestJet dollars, British Airways Avios points, American Airlines AAdvantage miles, Cathay Pacific Asia Miles, Shoppers Optimum Points/Pharmaprix Optimum Points, and Esso Extra points.

They can also pay for airline taxes and fees with their points, redeem them for merchandise or gift cards, or use them to pay down their credit card balance.



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While using the card for everyday purchases helps accumulate points, shopping online at any of the 250 retailers featured in the RBC Rewards eMall can deliver up to 15 times the bonus points.

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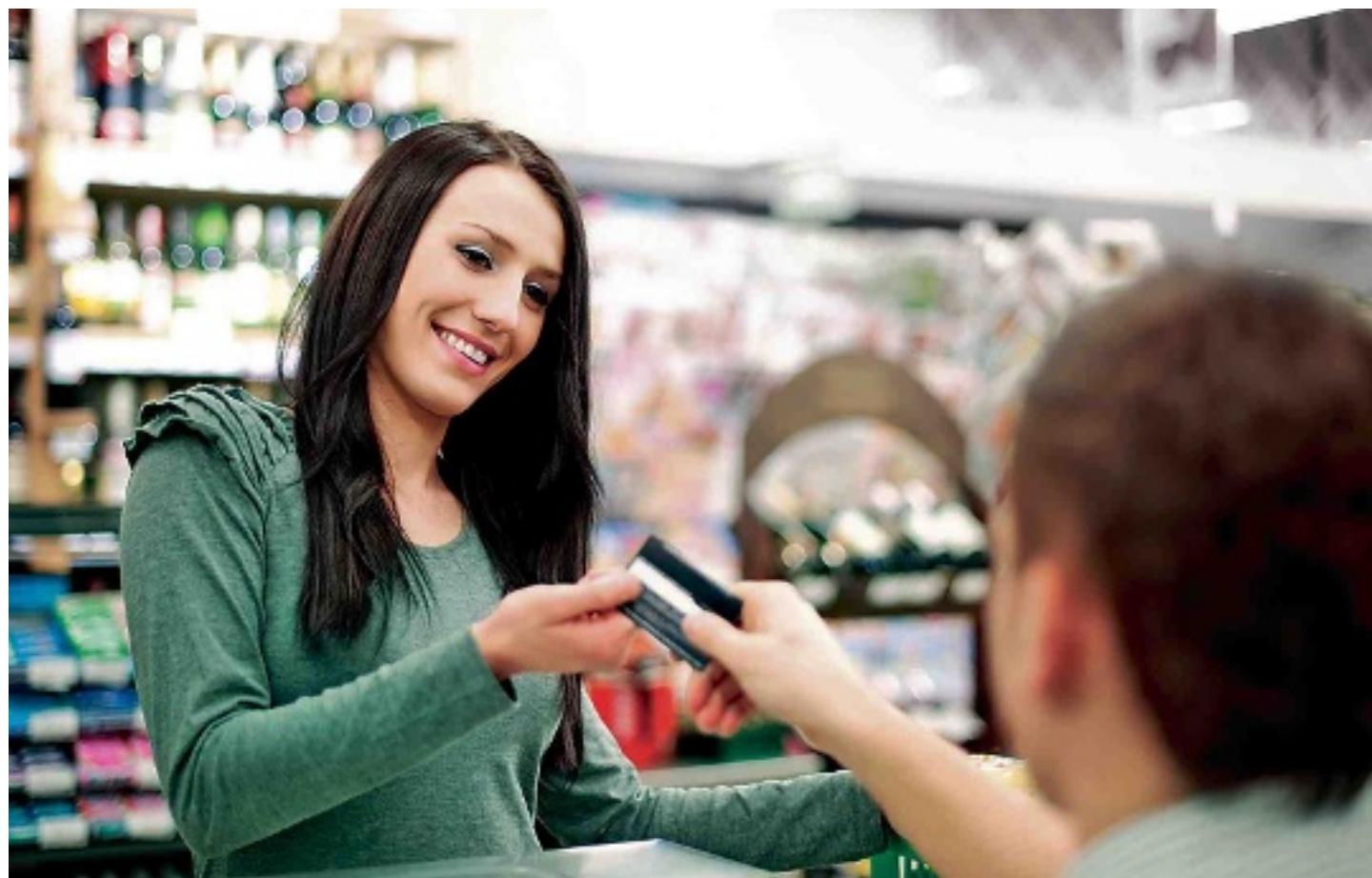
Research loyalty programs to optimize your points

Who doesn't love getting what you want — when you get it faster? Finding the right loyalty program — one that gets you the rewards you want — can be complicated, especially when credit cards are factored in.

Whether you are looking for a new card or just curious to see how your current credit card stacks up, it can be difficult and time consuming to get an apples-to-apples comparison of what is available from various providers and how well they might work for you. While selecting a program still requires you to do a little research, a free, online tool is here to help. Compareloyaltyprograms.ca enables Canadians to assess which loyalty programs and affiliated credit cards might get them to their desired reward fastest.

"It's all about the reward. Take a step back and consider what you're looking for — whether it's cash back, merchandise or flights — and then research which programs and cards could get you there faster," say Susan Misner and Laura McDonald, founders of Golden Girl Finance, a site offering financial education in a modern, engaging way to encourage everyone to play a more active role in their finances.

"Where you live, your shopping habits and spending patterns mean that there isn't one program that fits all, so a tool



ISTOCK IMAGES

like Compareloyaltyprograms.ca really offers a new perspective."

REWARDS ARE A PERK BEST SERVED FAST

Flights, merchandise or cash equivalent rewards: it doesn't matter what type of reward you're working towards, you likely want it faster, according to a new poll by Environics Research Group. Results show that earning rewards faster (42 per cent) and having more opportunities to earn loyalty points (40 per cent) are priorities for Canadians in their loyalty programs.

Even with speed being top of mind, comparing programs based on time to reward has been difficult to do before now.

"The Environics research has shown that credit cards can play an important part in earning rewards faster: double-dipping, or using a loyalty program card and paying with an affiliated credit card, offers the fastest time to reward," say Misner and McDonald. "And don't forget: a program that gets you to your rewards faster is one that will keep you happy."

CONFUSION CAN MEAN MISSED REWARDS

Navigating the loyalty program landscape in Canada can be challenging with so many programs and opinions to sort through. According to the Environics poll, the majority of consumers who participate in loyalty programs believe that they can be confusing (almost six in 10 Canadians). Of those, three-quarters (76 per cent) say they are less likely to use a loyalty program if they are confused by how it works — meaning many of us are



CONTRIBUTED

LOYALTY PROGRAM TIPS

IF YOU CHOOSE TO USE YOUR CREDIT CARD TO PAY FOR YOUR PURCHASES AND EARN LOYALTY PROGRAM POINTS, A FEW TIPS CAN HELP YOU MAXIMIZE THAT SPENDING AND GET YOU TO YOUR REWARD FASTER:

USE COMPARELOYALTYPROGRAMS.CA: It can help you research reward programs and affiliated credit card options to get you to your reward sooner.

USE CREDIT CARDS RESPONSIBLY: Spend responsibly and be sure to read the fine print on any credit card you shortlist — if you are not paying off the balance every month or if the annual fee is high, you are not going to be rewarding yourself.

RESEARCH YOUR OPTIONS AND UNDERSTAND WHAT YOU'RE SIGNING UP FOR: Do your own research — do not assume others' opinions about certain cards or programs are 'right' for you.

DOUBLE-DIP: You will maximize earnings by using your credit card with the corresponding loyalty program where possible — that means shopping at program-affiliated stores and paying with the affiliated credit card. Earning rewards points this way adds up faster than you might think.

FOCUS ON YOUR FAVOURITES: Focus your spending on one or two loyalty programs — targeting your earning on just one or two programs will ensure you reap the most rewards, whether it's flights, cash back or merchandise.

simply missing out on rewards.

Sources of confusion include not knowing how to redeem points or miles for a reward (39 per cent), not knowing which program is best for them personally (37 per cent) and not knowing how or where to earn reward points or miles (24 per cent).

With a tool such as Compareloyaltyprograms.ca on your side, you have a unique, level comparison of the top loyalty programs and affiliated credit cards in Canada.

Answer a few simple questions based on your preferences, location and person-

al spending habits and up to three loyalty programs will be suggested as possible matches for you.

From there, it's up to you to select the right program for you.

Commissioned by COLLOQUY, a LoyaltyOne Research Group, Environics Research Group developed a methodology and online comparison tool that allows consumers to determine which rewards programs get them to the rewards they want as quickly as possible, based on their individual shopping patterns, program features and attributes. COLLOQUY has also provided financial compensation to Golden Girl Finance for promotion of the research and online tool.



This recipe makes six servings. ROSE REISMAN

Bright berries and baby kale take a citrus splash

Kale, Spinach, Raspberry and Goat Cheese Salad. To make ahead, prepare salad early in the day, dress just before serving

The combination of kale and spinach in a salad gives you a powerhouse of nutrients. They are both high in iron and fibre. Kale wins in vitamin C with just one cup having close to 85 per cent

of your daily requirements. They're both excellent greens to have in your diet. The fresh raspberries, crunchy almonds and creamy goat cheese make the perfect combination along with the citrus cider vinaigrette. This makes a perfect side salad or serve as a main with some grilled chicken or fish.

Directions

1. To make the salad: Place the spinach, kale, onions, raspberries and goat cheese in a large serving bowl.
2. To make the dressing: Whisk together the cider vinegar, olive oil, juice concentrate, brown sugar, garlic

Ingredients

Salad

- 4 cups baby spinach
- 4 cups baby kale
- 1/2 cup thinly sliced red onion
- 1 cup fresh raspberries
- 1/3 cup chopped almonds
- 1/2 cup crumbled goat cheese

Dressing

- 1 1/2 tbsp cider vinegar
- 1 tbsp olive oil
- 1 tbsp apple or orange juice concentrate
- 1 tsp (5 mL) brown sugar
- 1/2 tsp (2.5 mL) chopped garlic
- 1/2 tsp (2.5 mL) Dijon mustard

and mustard in a small bowl. Pour the dressing over the salad and toss. Top with the chopped nuts. ROSE REISMAN



This recipe serves six. ROSE REISMAN

Hoisin sauce makes meat sub sublime



ROSE REISMAN
For more, visit
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How often do we drive to a sub shop and grab a variety of these tasty foot-long sandwiches? They're inexpensive, quick to buy and incredibly tasty. But if you lift up the bread you usually won't find the healthiest mix of ingredients. Preserved, nitrate-filled deli meats and loads of mayonnaise or "secret" sauce on a heavy, non-nutritious roll. Not exactly a healthy choice. A regular meatball 6-inch sub has around 500 calories, 20 gm of fat and over 1,000 mg of sodium.

My hoisin meatball sub comes to the rescue with about half those numbers, making it a much healthier choice. These homemade hoisin meatballs are made with lean beef, freshly sautéed onions, mushrooms and red peppers, and are served on a whole wheat

Make ahead

Make the meatballs and stir-fry early in the day. Gently reheat the meatballs in a 300 F oven for 10 minutes, reheat the stir-fry and assemble.

Ingredients

Sauce mixture

- 1/4 cup low-sodium soy sauce
- 1/4 cup hoisin sauce
- 2 tsp chopped garlic
- 2 tsp chopped ginger
- 5 tsp sesame oil
- 5 tsp rice vinegar

Meatballs

- 1 lb lean ground beef
- 1/4 cup unseasoned dry bread crumbs
- 1/4 cup chopped green onions
- 3 tbsp chopped fresh cilantro

or parsley

- 1 tsp minced ginger
- 1 tsp minced garlic
- 1 egg

Vegetables

- 1 1/2 cups sliced onions
- 2 cups chopped mushrooms
- 1 1/2 cups sliced red bell pepper

Submarine buns

- Six 4-inch whole wheat submarine buns sliced in half

Garnish

- 1 tsp toasted sesame seeds

bun with a tasty hoisin sauce drizzled over top. This is not only delicious, but will save you those excess calories, fat and sodium.

Serve this for lunch or a casual dinner with a side salad.

Directions

1. Combine the soy sauce and hoisin sauce, garlic, ginger, sesame oil and vinegar. Set aside.

2. Combine the beef, bread crumbs, onions, cilantro, 2 tbsp of the hoisin sauce, ginger, garlic and egg until well combined. Make into small 1-inch balls (about 36). Brush with some of the remaining hoisin sauce. Bake at 400 F for 12 minutes or just until cooked.

3. Sauté the onions in a non-stick skillet sprayed with vegetable oil until tender. Add the mushrooms and sauté until soft; add the bell peppers and sauté until tender. Add 3 tbsp of the sauce.

4. Toast the submarine buns. Divide the meatballs overtop the buns and add the sautéed vegetables. Drizzle remaining sauce mixture overtop and garnish with the sesame seeds. **THE BEST OF ROSE REISMAN** (WHITECAP BOOKS) BY ROSE REISMAN

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MLB

Top Jays go down in loss to Reds

The struggling AL East-leading Blue Jays lost infielder Brett Lawrie and right fielder Jose Bautista with injuries and fell to the Cincinnati Reds 4-3 Sunday.

Toronto was 3-7 on its visit to Baltimore, Yankee Stadium and Cincinnati.

Lawrie, twice hit in the left hand by pitches earlier in the week, sustained a broken right index finger when he was hit by a pitch from Johnny Cueto in the second inning.

"It's definitely tough," said Lawrie.

Bautista left because of tightness in his left hamstring, manager John Gibbons said.

THE ASSOCIATED PRESS

MLB

Scherzer, Detroit bounce back to sweep Cleveland

Max Scherzer pitched six strong innings, Miguel Cabrera homered and drove in three runs, and the Detroit Tigers beat the Cleveland Indians 10-4 on Sunday for a three-game sweep.

The Tigers, swept in a three-game series at Progressive Field last month, have won four in a row overall.

Scherzer (9-3) bounced back from one of the worst outings of his career. The reigning AL Cy Young winner allowed 10 runs in four innings against Kansas City on Tuesday.

THE ASSOCIATED PRESS

Women's Open

Michelle Wie wins first major

Michelle Wie bounced back from a late mistake at Pinehurst No. 2 to bury a 25-foot birdie putt on the 17th hole. That sent the 24-year-old from Hawaii to her first major championship Sunday in the U.S. Women's Open.

She closed with an even-par 70 for a two-shot victory over Stacy Lewis, the No. 1 player in women's golf who made Wie work for it by making eight birdies in a round of 66.

Sixteen-year-old Brooke Henderson of Smiths Falls, Ont., shot a 69 in the final round to finish in a tie for 10th place.

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Dominik Hasek looks on during his time as an Ottawa Senator in February 2006. Hasek is expected to be part of the Hockey Hall of Fame's class of 2014, which will be announced Monday. RICK STEWART/GETTY IMAGES FILE

Dominator expected to be called to the Hall

Dominik Hasek. Former Sens goalie, one of the best ever, will likely join class of 2014 Monday

At the age of 46, Dominik Hasek was still playing hockey. He put on his goalie pads for the final time Feb. 27, 2011, in the KHL.

At the age of 49, "the Dominator" is expected to be part of the Hockey Hall of Fame's class of 2014, which will be announced Monday. Though nothing is guaranteed, the six-

time Vezina Trophy-winner should be a lock.

"For me it's a no-brainer," former Buffalo Sabres coach Lindy Ruff said earlier this year.

Hasek won one Stanley Cup as a starter with the Detroit Red Wings in 2002, then split time with Chris Osgood and became the backup in the playoffs for the 2008 title. He came close to the Cup in 1999 with Buffalo, only to be beaten by the Dallas Stars on Brett Hull's foot-in-the-crease overtime goal.

Hasek's best years came with the Sabres, when he had

seven straight seasons with a save percentage of .930 or higher. He finished with 234 career regular-season victories.

Veteran goaltender Tomas Vokoun "knew all along" Hasek would be great from watching him play in their native Czech Republic.

"It took him a little bit just because of his style and all that to convince people here," Vokoun said in a phone interview. "I definitely consider him, if he's not the best, one of the top three to ever play ... He definitely deserves to be a first-ballot Hall of Famer."

THE CANADIAN PRESS

Other hopefuls

• Swedish centre Peter Forsberg is also expected to get the call to the Hall of Fame (first year eligible).

• American-born centre Mike Modano leads other new candidates and is most likely to be inducted, ahead of three-time cup-winner Mark Recchi.

• Late coach Pat Burns remains a candidate in the "builder" category.

Reliable Ekblad ready for NHL

Aaron Ekblad may be the most mature 18-year-old hockey player on the planet.

"Not only does he have a 30-year-old's physique under his equipment, but he also thinks and acts like a 10-year NHL vet," said Dan Stewart, scouting director for the independent scouting service Future Considerations.

Ekblad, a two-way, right-shooting defenceman, knows what he wants to be — not only in this week's NHL draft, but as a pro. He'd love to go No. 1 and continue to mould

himself in the images of Shea Weber, Alex Pietrangelo and Duncan Keith.

More than anything, though, the Barrie Colts captain wants to be considered reliable on and off the ice.

"I don't do too many things that are going to surprise anyone," Ekblad said at last month's scouting combine. "I'm going to be the kind of player that you know what you're going to get from me."

Steady and dependable doesn't put butts in seats,

but Ekblad isn't touting himself as a flashy kind of player. Instead, and more importantly, he has the potential to develop into a franchise cornerstone.

Because of that, the Belle River, Ont., native is the front-runner to be the top pick Friday night in Philadelphia, whether the Florida Panthers choose to keep it or trade it. Buffalo Sabres general manager Tim Murray said last week he expected Ekblad to go No. 1 regardless.

THE CANADIAN PRESS

Future NHL great?



"I wouldn't say I'm cocky, but I'm confident and I believe that if I work hard and I do all the little things and pay attention to details, I can be in that league next year." NHL prospect Aaron Ekblad

4
SPORTS

Hard-pressed, but Belgium advances

Another late win.

Rookie Divock Origi saves the day in the 88th minute

Twice now, Belgium has relied on a late revival boosted by stamina and its bench to turn desperate situations around at the World Cup. On Sunday, it was teenager Divock Origi who turned a listless Belgian performance into a late 1-0 win over Russia, enough to qualify for the next round.

Belgium barely contained a reinvigorated Russia for most of the match, yet struck with a blistering late spurt of class and opportunism to turn a bad situation into a wild, fist-pumping celebration for coach Marc Wilmots and his team in the 88th minute.

"Why were we good in last 10 minutes? Simple — the others were tired," said Wilmots. "The Russians were so tired they looked at their feet, and it offered us chances to counter."

After its dour 1-1 draw with South Korea, Russia produced the kind of sparkle and dominance that had been more expected from Belgium in front of 73,819 increasingly restless fans at Maracana stadium.

With Belgian King Philippe looking on, substitute Kevin Mirallas hit a free kick against the post in the 84th minute, setting off the



Belgium's Eden Hazard, left, is challenged by Russia's Dmitry Komarov during the group H World Cup soccer match between Belgium and Russia at the Maracana Stadium in Rio de Janeiro, Brazil, Sunday. CHRISTOPHE ENA/THE ASSOCIATED PRESS



amazing turnaround. At first it appeared as if late flashes from Eden Hazard would only camouflage a dismal performance.

But then the playmaker

made a move into the area on the left and spotted Origi free in the centre. A pinpoint pass from Hazard and a cool right-foot finishing from the 19-year-old Origi gave Belgium the victory.

"Nobody could have thought this possible," said Origi, who was only called into the squad because No. 1 striker Christian Benteke injured his Achilles in April. Most of Belgium barely knew of the talented young player developing quickly for Lille in the French

league.

Belgium didn't play with any real authority for most of the game on a sunny afternoon in Rio, confounding predictions that it should be one of the teams to watch at the World Cup.

Instead, it was Russia that applied most pressure in the second half and was let down by its blunt finishing touch. That helped give Belgian goalkeeper Thibaut Courtois his 100th professional clean sheet at age 22.

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OTTAWA

Neo-Nazi invaded pitch: Report



Ghana's Sulley Muntari helps a man off the pitch in Fortaleza, Brazil, Saturday. MATTHIAS SCHRADER/THE ASSOCIATED PRESS

In injury time, Portugal gets a lifeline, denies U.S. spot in second round

Varela headed in an equalizer in injury time to salvage a 2-2 draw for Portugal against the United States at the World Cup on Sunday and deny the Americans a spot in the second round.

Cristiano Ronaldo swung in a cross from the right and Varela thumped a header into the net to keep Portugal alive in the tournament.

Clint Dempsey had given the U.S. the lead when he used his stomach to direct the ball into the net from a cross by Graham Zusi in the 81st minute.

Jermaine Jones had equalized for the Americans earlier in the second half, after Nani gave Portugal an early lead.

A win would have put the U.S. into the second round,



Portugal's Varela
GETTY IMAGES

but it can still advance with at least a draw against Germany in the next game.

THE ASSOCIATED PRESS

Against South Korea, Algeria claims first World Cup victory since 1982

First half strikes by Islam Slimani and Rafik Halliche helped Algeria to beat South Korea 4-2 on Sunday and become the first African team to score four goals in a World Cup match.

Algeria led 3-0 at halftime, but withstood a stronger South Korean second half performance to claim its first World Cup win since 1982 and move into second place in Group H with one match left to play.

Defeat for South Korea means it must now beat already-qualified Belgium to stand a chance of progressing to the knockout stages. Bel-

gium leads with six points, Algeria now has three, while Russia and the South Koreans have one apiece.

"Our defence wasn't as good as it should have been," South Korea coach Hong Myung-bo said. "We will now do our best to the very end of the competition. That's the only option we have left."

THE ASSOCIATED PRESS

ated Press "there would be no other explanation for it."

Powar says Fare's report will also refer to fans wearing blackface makeup at the match in Fortaleza with no intervention by stadium security.

FIFA says both incidents "are currently being analyzed" by its disciplinary committee.

Earlier Sunday, FIFA spokeswoman Delia Fischer told reporters: "We do not respect any discriminatory messages."

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

This will be one of those weeks when, if you sit back and relax, spend quality time with friends and just generally let things happen, life will be perfect in every possible way.

Taurus

April 21 - May 21

Friends and relatives will do what you ask if you ask nicely. Also, if there is something you know they desire and you are in a position to get it for them then go for it.

Gemini

May 22 - June 21

This is potentially one of the best days of the year for you as Venus moves into your birth sign. Good things will come at you from all directions, which may be overwhelming.

Cancer

June 22 - July 23

No matter how bad your current situation might appear to be, don't make an issue of it. Something positive is about to happen in your life but to make the most of it you must be positive too.

Leo

July 24 - Aug. 23

Friendships are under excellent stars today, so if you are bored with your home life or your work seek out people who make you feel glad to be alive.

Virgo

Aug. 24 - Sept. 23

Venus, planet of harmony, crosses the career angle of your chart today, so you should find it a whole lot easier to get your way with people in positions of power. By the end of the day they will be eating out of your hand.

Libra

Sept. 24 - Oct. 23

You will be in an adventurous mood and that's good because the planets suggest if you go where you have never been before you will meet someone who lights up your life.

Scorpio

Oct. 24 - Nov. 22

You may be a bit touchy where money and possessions are concerned but the planets indicate you have precious little to worry about, so lighten up and believe that it will all come right in the end.

Sagittarius

Nov. 23 - Dec. 21

Everyone seems to be singing your praises but your number one priority should be helping someone else feel special. A loved one is feeling a bit neglected, so go out of your way to spend time with them.

Capricorn

Dec. 22 - Jan. 20

Try not to make too much of a fuss if someone with whom you live, work or do business makes a mess of what they do today. Make allowances and make sure, if it's important, you do it yourself next time.

Aquarius

Jan. 21 - Feb. 19

Venus, planet of harmony, moves into the most creative area of your chart today, so it's unlikely you will want to be too serious about, well, just about anything.

Pisces

Feb. 20 - March 20

You may not agree with what a friend or family member is going to do but they have made up their mind about it so you might as well give them your support. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Across

1. Modern day witchcraft
6. "I shall never see ___ lovely as..." - Joyce Kilmer
11. Guys
14. ___ water
15. Greek holiday island
16. Chopper
17. Muskokas
18. Locale of the Bethune Memorial House
19. National Historic Site of Canada
20. ___-d'Or, QC
21. Not all
22. Li'l political title
23. Beatles: "___"
24. ___-dieu (Praying furniture piece)
25. Edmonton: ___, The Live Improvised Soap Opera
26. Toronto attraction, Ontario ___ Centre
27. "More after!", texting-style
28. Wear away
29. Ness Monster
30. Recipe meas.
40. Paul McCartney's "___ Was Lonely"
41. "Nope."
42. Type of healing technique
43. "___ miracle!"
44. Split
45. Actor Alan
46. Actress Teri
47. Kate Middleton's title

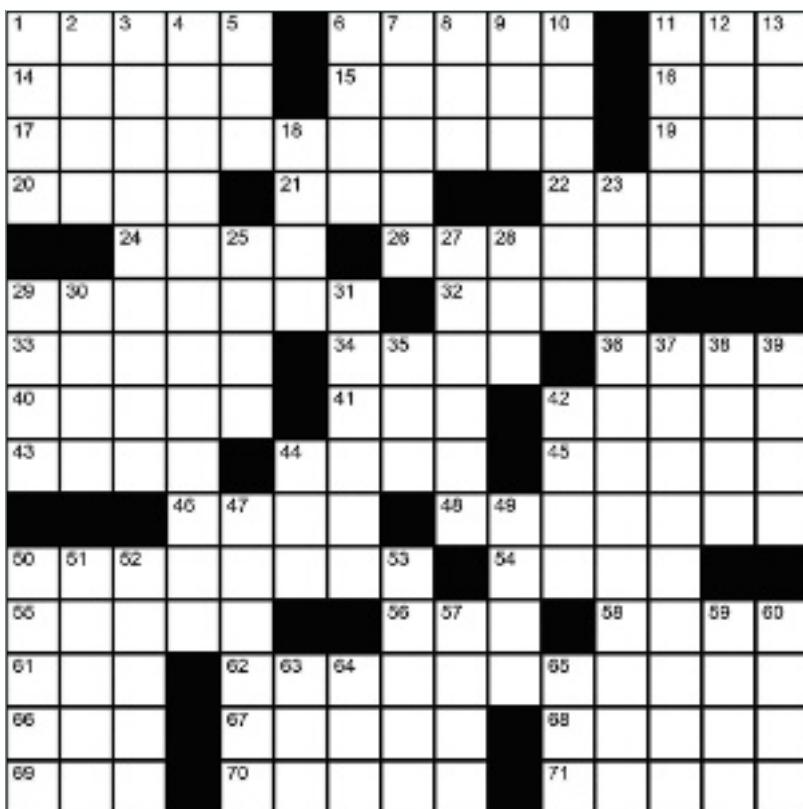
Down

50. Loonie's competition: acr. + wd.
51. Feature: 2 wds.
52. Toronto summer hrs.
53. Ancient myth's blood
54. Edmonton nickname, 'The City of ___'
55. Dawn goddess
56. Actress Ms. Thompson
57. Deplete
58. Napoleon's Wars
59. Marshal
60. Turkish city
61. Vintage bathroom
62. Tambourine, e.g.
63. Mannequin manes
64. Small obi accessory
65. Hammer
66. Ex-Bruin Bobby
67. Carmela's portrayer on "The Sopranos" ...her initials-sharers
68. Kind of horse-drawn transport at Remington Carriage Museum in Cardston, AB: 2 wds.
69. Consumed
70. Tooth complaint
71. Fletcher Christian's uprising
72. Singer Ms. Staples



See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

1	4	8	3	2	6	5	7	9
7	6	3	5	9	8	2	4	1
2	9	5	1	7	4	3	8	6
4	3	2	7	8	1	8	9	5
9	1	6	8	5	3	4	2	7
5	8	7	9	4	2	8	1	3
6	5	1	4	8	9	7	3	2
3	7	4	2	1	5	9	6	8
8	2	9	6	3	7	1	5	4

3	4	5		
1	7		2	3
4	8		7	
			2	6
3		6		7
2	7	6		
		9	5	1
8	5		7	4
		4	9	5

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Sunny

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